



# Handbook of Solution-Focused Brief Therapy: Clinical Applications

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## Handbook of Solution-Focused Brief Therapy: Clinical Applications

An invaluable guide to the history, descriptions of practice strategies, and applications of SFBT! The Handbook of Solution-Focused Brief Therapy is a unique, comprehensive guide that assists clinicians, regardless of experience level, in learning and applying the concepts of Solution-Focused Brief Therapy (SFBT) to particular situations with clients. Noted experts discuss the therapy practices and various uses for the approach in detail, which focuses on encouraging clients to look at exceptions, times when the problem could have occurred and did not, and goals and future possibilities. A history of the practice model and its interventions is discussed, along with limitations, descriptions of practice strategies, applications to specific client populations, and clinical problems and concerns. This useful resource also includes an illustrative case study that uses the SFBT model. The Handbook of Solution-Focused Brief Therapy first lays a foundation of knowledge, providing chapters on the crucial assumptions and practices, history, and epistemology behind the approach. Further chapters use that basis to explain the application of the approach with several clinical issues and various populations, including couples, depression, domestic violence, schools, children, pastoral work, therapist burnout, and a few “outside therapy room” applications. Other chapters focus on the important issues in therapist training and supervision. Extensive references are provided at the end of each chapter. Topics discussed in the Handbook of Solution-Focused Brief Therapy include:

- assumptions within the SFBT tradition
- history of the SFBT approach
- epistemology
- SFBT with couples
- depression
- domestic violence offenders
- public schools
- children and young people
- SFBT in faith-based communities
- assessing and relieving burnout in mental health practice
- SFBT beyond the therapy room
- supervision of training
- possible limitations, misunderstandings, and misuses of SFBT
- a tribute to the late Steven de Shazer, co-founder of the SFBT approach

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